

Yin & Yang and Meridian Theory

Yin & Yang Theory

- The concept of Yin & Yang is fundamental to an understanding of Traditional Chinese Medicine (TCM)
- Yin & Yang developed from observing nature. In nature it appears to group into pairs of mutually dependant opposites, each giving to the other, for example;
 - the concept of 'Night' has no meaning without the concept of 'Day'
- Basically, there are no absolutes, they are relative to the situation, with one situation never completing, or never static.
- With reference to the therapist, if we understand the balance of Yin & Yang within the body or an organ, we can diagnose conditions and apply the appropriate treatment.
- When an imbalance of Yin & Yang occurs, illness may occur. Hence the Yin/Yang organs are dependent on each other.
- The Yin of an organ affects the way things happen (e.g. monitors rhythm of Heart).
- The Yang of an organ affects the organs function (e.g. Heart pushes the blood around the body)
- All organs are classified as Yin or Yang, each Yin & Yang pair of organs affect emotions and health
 - **Yin Organs are; Lung, Heart, Pericardium, Liver, Kidney, Spleen**
 - **Yang Organs are; Large Intestine, Small Intestine, San Jiao, Gall Bladder, Bladder, Stomach**
- **Deficiency of Yin** can be caused by overwork, lack of sleep or stress. **Deficiency of Yang** caused by old age, poor diet, chronic disease
- **Excess of Yin** can be caused by EPF's (Invasion of cold, dampness). **Excess of Yang** caused by excess heat, sunbathing, anger, spicy food

Meridian Theory

- TCM describes a complex system of channels (meridians) and their connective vessels, as the distribution system that carries Qi, Blood and body fluids around the body.
- **Chinese medicine and activities like Tai Chi and Qi Gong**, encourage the harmonious flow of energy (Qi) through the meridians.
- Meridians link the top of the body with the bottom, inside to outside, and one-side to the other side.
- All 12 regular meridians are classified as one of the Yin or Yang organ types, and are all linked as follows;
 - 3 Yin meridians start in the chest & end in the hand are; Lung, Pericardium & Heart
 - 3 Yang meridians start in hand & end in head are; Large Intestine, San Jiao, Small Intestine
 - 3 Yang meridians start in the head & end in the foot are; Bladder, Gall Bladder, Stomach
 - 3 Yin meridians start in the foot & end in the chest are; Kidney, Liver, Spleen
- **3 key functions of the meridians are;** 1. to connect all parts of the body, 2. connect Qi & Blood to all parts, 3. to regulate the functions & organs of the whole body and stabilise external pathogenic factors (PCF), such as heat, cold, dampness, wind etc.